INDEX
to volume 26
jan-dec 1998

The 1998 Annual Index lists articles by department, author, and subject. One- or two-letter codes after articles in the author and subject sections indicate the article type:

CL: Clinical
CM: Commentary
CR: Case Report
CT: Clinical Techniques
ED: Editorial
EM: Emergencies
EN: Editor's Notes
EQ: ECG Quiz
EX: Exercise Adviser
F: Feature
IQ: Imaging Quiz
L: Listing
NB: News Briefs
NU: Nutrition Adviser
PA: Patient Adviser
QA: Question and Answer
XM: Exercise Is Medicine

department

Clinical Techniques
Knee aspiration and injection, Jan, p 93; (letter) Sep, p 20; (correction) Feb, p 114
Plane talk about shoulder radiographs, Feb, p 117
Hand-based thumb spica casting, Mar, p 95
Suture substitutes: using skin adhesives, Apr, p 115
Tub cooling for exertional heatstroke, May, p 111
Making a tension night splint for plantar fasciitis, Jun, p 113
Helmet removal in head and neck trauma, Jul, p 77; (letter) Dec, p 16
On-site treatment of PIP joint dislocations, Aug, p 85
A silicone splint for auricular hematoma, Sep, p 77
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79; (letter) Dec, p 16
Shielding a bruise: how to make a simple protective pad, Nov, p 77
Shoulder stability testing using the lateral decubitus position, Dec, p 75

Editor's Notes
PSM at 25—'fit for the future,' Jan, p 14
Weight training: strength for everyone, Mar, p 5
Gluing minor skin wounds, Apr, p 3
Activating internal medicine, May, p 3
Living longer and healthier, Jun, p 3
Toward better concussion management, Jul, p 3
Exercise made easy, Aug, p 3
My final Editor's Notes, Sep, p 5
Sports medicine goes public, Oct, p 3
Is Mark McGwire a hero?, Nov, p 5
Treating athletes: Medicine under pressure, Dec, p 5

Exercise Adviser
Weight training basics, part 1: choosing the best options, Feb, p 115
Weight training basics, part 2: a sample program, Mar, p 91
A traveler's workout guide, Apr, p 113
Timely tips for tennis types, May, p 107
Exercise for overweight kids, Jun, p 109
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75
Fitting in fitness: exercise options for busy people, Aug, p 83
Exercise for heart patients: optimal options, Oct, p 77
Child carriers: tips for runners, bikers, and hikers, Nov, p 75
Pain-free feet: helpful hints for runners, Dec, p 73

News Briefs
Fen-phen fallout: back to basics?, Jan, p 27
Heart rate response in smokers often poor, Feb, p 17
Celebrity ski deaths inspire helmet debate, Mar, p 21; (letter) Jul, p 11
Casey Martin's case: the medical story, Apr, p 15
Klippel-Trénauney not a hindrance for some athletes, Apr, p 16
DHEA: hype, hope not matched by facts, May, p 17
In the Lyme light: new management aids, May, p 22
Creatine supplements face scrutiny: will users pay later?, Jun, p 15
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13
C-spine management guidelines proposed, Jul, p 15
NCAA strengthens weight-cutting rules, Jul, p 16
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16
Fitness clubs urged to do cardiac screening, Aug, p 17
Running to fight leukemia, Aug, p 19
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15
Leptospirosis cases linked to triathlons, Sep, p 17
What's the prescription for drug testing woes?, Oct, p 15
Team physicians manage a mean heat streak, Oct, p 18
Androstenedione et al: nonprescription steroids, Nov, p 15
Two reports clarify EIA treatment, Nov, p 18
ACSM report stresses strength training for seniors, Dec, p 23
School drug testing of nonathletes survives test, Dec, p 25

Nutrition Adviser
A nutritious new year: resolutions from A to Z, Jan, p 87
Fiber fundamentals: up-to-date answers to common questions, Mar, p 89
Jumping for soy, Apr, p 111
Sense and food sensitivity: coping with allergies and food intolerance, May, p 105
How do eggs pan out?, Jul, p 69
Food safety for your active summer, Aug, p 81
Eating before competing, Sep, p 73
Strategies for energetic aging, Nov, p 69

author

Anderson V: Running to fight leukemia, Aug, p 19, NB
Artal M: Exercise against depression, Oct, p 55, XM
Artal M: Mobilize against depression, Oct, p 61, PA
Asken MJ: Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Atkins T: see Hutchinson MR, Jul, p 37
Bach BR Jr: see Wang TW, Aug, p 31
Basler RSW: Acing common skin problems in tennis players, Dec, p 37, CL
Batt ME: see Kemp S, Jan, p 36
Bennell K: see Brukner P, Aug, p 39
Blincoe WA: see Cantwell JD, May, p 98
Bove AA: Active control of hypertension, Apr, p 45, XM
Bove AA: Low-pressure workouts for hypertension, Apr, p 54, PA
Boynton MD: see Young CC, May, p 75
Bradshaw C: see Brukner P, Aug, p 39
Brugman SM: Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL
Brukner P: Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Bush-Joseph CA: see Wang TW, Aug, p 31

Cahoon S: see Hutchinson MR, Jul, p 37
Cantwell JD: A new cardiac test for an older doctor, Jun, p 87, IQ
Cantwell JD: Acute dyspnea and a new murmur in a team physician, May, p 98, EQ
Cantwell JD: Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Cantwell JD: Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Cantwell JD: Flushing, paresthesias, and difficulty swallowing after a run, Jan, p 79, EQ
Churchill RS: Managing injuries of the great toe, Sep, p 29, CL
Ciocca MF Jr: Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Clark JR: A guide to exercise for congestive heart failure patients, Aug, p 57, PA
Clark JR: Congestive heart failure: training for a better life, Aug, p 49, XM
Clark N: A nutritious new year: resolutions from A to Z, Jan, p 87, NU
Clark N: Eating before competing, Sep, p 73, NU
Clark N: How do eggs pan out?, Jul, p 69, NU
Clark N: Jumping for soy, Apr, p 111, NU
Coady CM: Foot problems in middle-aged patients: keeping active people up to speed, May, p 31, CL
Cole CJ: see Dowdy PA, Jun, p 43

Disabella V: Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Disabella V: Your guide to exercising with asthma, Jun, p 85, PA
Donley BG: see Churchill RS, Sep, p 29
Dowdy PA: Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL

Ebben WP: Strength training for women: debunking myths that block opportunity, May, p 86, CM
Eichner ER: Exercise as disease detector, Mar, p 41, CL
Elston DM: see Gardner TL, Feb, p 104
Elston DM: see Schissel DJ, May, p 59
Engber WD: see Lairmore JR, Jun, p 57

Franklin BA: Exercise for heart patients: optimal options, Oct, p 77, EX
Fuerst ML: see Seraly MP, Aug, p 58

Garcia MA: see Basler RSW, Dec, p 37
Gardner TL: A foot rash with a foul odor, Feb, p 104, IQ
Gibbons LW: see Mitchell TL, Oct, p 41
Gibbons LW: see Mitchell TL, Nov, p 56
Gow N: see Coady CM, May, p 31
Gremillion RB: Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL

INDEX
to volume 26
jan-dec 1998

The 1998 Annual Index lists articles by department, author, and subject. One- or two-letter codes after articles in the author and subject sections indicate the article type:

CL: Clinical
CM: Commentary
CR: Case Report
CT: Clinical Techniques
ED: Editorial
EM: Emergencies
EN: Editor's Notes
EQ: ECG Quiz
EX: Exercise Adviser
F: Feature
IQ: Imaging Quiz
L: Listing
NB: News Briefs
NU: Nutrition Adviser
PA: Patient Adviser
QA: Question and Answer
XM: Exercise Is Medicine

department

Clinical Techniques
Knee aspiration and injection, Jan, p 93; (letter) Sep, p 20; (correction) Feb, p 114
Plane talk about shoulder radiographs, Feb, p 117
Hand-based thumb spica casting, Mar, p 95
Suture substitutes: using skin adhesives, Apr, p 115
Tub cooling for exertional heatstroke, May, p 111
Making a tension night splint for plantar fasciitis, Jun, p 113
Helmet removal in head and neck trauma, Jul, p 77; (letter) Dec, p 16
On-site treatment of PIP joint dislocations, Aug, p 85
A silicone splint for auricular hematoma, Sep, p 77
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79; (letter) Dec, p 16
Shielding a bruise: how to make a simple protective pad, Nov, p 77
Shoulder stability testing using the lateral decubitus position, Dec, p 75

Editor's Notes
PSM at 25—'fit for the future,' Jan, p 14
Weight training: strength for everyone, Mar, p 5
Gluing minor skin wounds, Apr, p 3
Activating internal medicine, May, p 3
Living longer and healthier, Jun, p 3
Toward better concussion management, Jul, p 3
Exercise made easy, Aug, p 3
My final Editor's Notes, Sep, p 5
Sports medicine goes public, Oct, p 3
Is Mark McGwire a hero?, Nov, p 5
Treating athletes: Medicine under pressure, Dec, p 5

Exercise Adviser
Weight training basics, part 1: choosing the best options, Feb, p 115
Weight training basics, part 2: a sample program, Mar, p 91
A traveler's workout guide, Apr, p 113
Timely tips for tennis types, May, p 107
Exercise for overweight kids, Jun, p 109
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75
Fitting in fitness: exercise options for busy people, Aug, p 83
Exercise for heart patients: optimal options, Oct, p 77
Child carriers: tips for runners, bikers, and hikers, Nov, p 75
Pain-free feet: helpful hints for runners, Dec, p 73

News Briefs
Fen-phen fallout: back to basics?, Jan, p 27
Heart rate response in smokers often poor, Feb, p 17
Celebrity ski deaths inspire helmet debate, Mar, p 21; (letter) Jul, p 11
Casey Martin's case: the medical story, Apr, p 15
Klippel-Trénauney not a hindrance for some athletes, Apr, p 16
DHEA: hype, hope not matched by facts, May, p 17
In the Lyme light: new management aids, May, p 22
Creatine supplements face scrutiny: will users pay later?, Jun, p 15
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13
C-spine management guidelines proposed, Jul, p 15
NCAA strengthens weight-cutting rules, Jul, p 16
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16
Fitness clubs urged to do cardiac screening, Aug, p 17
Running to fight leukemia, Aug, p 19
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15
Leptospirosis cases linked to triathlons, Sep, p 17
What's the prescription for drug testing woes?, Oct, p 15
Team physicians manage a mean heat streak, Oct, p 18
Androstenedione et al: nonprescription steroids, Nov, p 15
Two reports clarify EIA treatment, Nov, p 18
ACSM report stresses strength training for seniors, Dec, p 23
School drug testing of nonathletes survives test, Dec, p 25

Nutrition Adviser
A nutritious new year: resolutions from A to Z, Jan, p 87
Fiber fundamentals: up-to-date answers to common questions, Mar, p 89
Jumping for soy, Apr, p 111
Sense and food sensitivity: coping with allergies and food intolerance, May, p 105
How do eggs pan out?, Jul, p 69
Food safety for your active summer, Aug, p 81
Eating before competing, Sep, p 73
Strategies for energetic aging, Nov, p 69

author

Anderson V: Running to fight leukemia, Aug, p 19, NB
Artal M: Exercise against depression, Oct, p 55, XM
Artal M: Mobilize against depression, Oct, p 61, PA
Asken MJ: Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Atkins T: see Hutchinson MR, Jul, p 37
Bach BR Jr: see Wang TW, Aug, p 31
Basler RSW: Acing common skin problems in tennis players, Dec, p 37, CL
Batt ME: see Kemp S, Jan, p 36
Bennell K: see Brukner P, Aug, p 39
Blincoe WA: see Cantwell JD, May, p 98
Bove AA: Active control of hypertension, Apr, p 45, XM
Bove AA: Low-pressure workouts for hypertension, Apr, p 54, PA
Boynton MD: see Young CC, May, p 75
Bradshaw C: see Brukner P, Aug, p 39
Brugman SM: Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL
Brukner P: Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Bush-Joseph CA: see Wang TW, Aug, p 31

Cahoon S: see Hutchinson MR, Jul, p 37
Cantwell JD: A new cardiac test for an older doctor, Jun, p 87, IQ
Cantwell JD: Acute dyspnea and a new murmur in a team physician, May, p 98, EQ
Cantwell JD: Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Cantwell JD: Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Cantwell JD: Flushing, paresthesias, and difficulty swallowing after a run, Jan, p 79, EQ
Churchill RS: Managing injuries of the great toe, Sep, p 29, CL
Ciocca MF Jr: Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Clark JR: A guide to exercise for congestive heart failure patients, Aug, p 57, PA
Clark JR: Congestive heart failure: training for a better life, Aug, p 49, XM
Clark N: A nutritious new year: resolutions from A to Z, Jan, p 87, NU
Clark N: Eating before competing, Sep, p 73, NU
Clark N: How do eggs pan out?, Jul, p 69, NU
Clark N: Jumping for soy, Apr, p 111, NU
Coady CM: Foot problems in middle-aged patients: keeping active people up to speed, May, p 31, CL
Cole CJ: see Dowdy PA, Jun, p 43

Disabella V: Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Disabella V: Your guide to exercising with asthma, Jun, p 85, PA
Donley BG: see Churchill RS, Sep, p 29
Dowdy PA: Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL

Ebben WP: Strength training for women: debunking myths that block opportunity, May, p 86, CM
Eichner ER: Exercise as disease detector, Mar, p 41, CL
Elston DM: see Gardner TL, Feb, p 104
Elston DM: see Schissel DJ, May, p 59
Engber WD: see Lairmore JR, Jun, p 57

Franklin BA: Exercise for heart patients: optimal options, Oct, p 77, EX
Fuerst ML: see Seraly MP, Aug, p 58

Garcia MA: see Basler RSW, Dec, p 37
Gardner TL: A foot rash with a foul odor, Feb, p 104, IQ
Gibbons LW: see Mitchell TL, Oct, p 41
Gibbons LW: see Mitchell TL, Nov, p 56
Gow N: see Coady CM, May, p 31
Gremillion RB: Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL

Harding WG III: Plane talk about shoulder radiographs, Feb, p 117, CT
Harmon KG: Pulmonary embolism: sifting the risk factors, Dec, p 53, CR
Harner CD: see Dowdy PA, Jun, p 43
Hawley JA: Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Hawthorne S: PSM at 25—'fit for the future,' Jan, p 14, EN
Herring SA: Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Honing EW: Wrist injuries, part 1: pinpointing pathology in a complex joint, Sep, p 40, CL
Honing EW: Wrist injuries, part 2: spotting and treating troublemakers, Oct, p 62, CL
Hutchinson MR: Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL

Jensen RL: see Ebben WP, May, p 86
Jiménez CE: Posterior ankle pain in a recreational athlete, Dec, p 59, IQ
Johnson RJ: Shedding a stereotype: our low-income patients are listening, Mar, p 25, CM
Jordan BD: Genetic susceptibility to brain injury in sports: a role for genetic testing in athletes?, Feb, p 25, CM

Kaplan B: see Swain RA, Feb, p 85
Katz WA: Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Katz WA: Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10; (correction) Apr, p 17
Kauten JR: see Cantwell JD, May, p 98
Kemp S: The 'sports hernia': a common cause of groin pain, Jan, p 36, CL
Kleiner SM: Fiber fundamentals: up-to-date answers to common questions, Mar, p 89, NU
Kleiner SM: Food safety for your active summer, Aug, p 81, NU
Kleiner SM: Sense and food sensitivity: coping with allergies and food intolerance, May, p 105, NU
Kleiner SM: Strategies for energetic aging, Nov, p 69, NU
Knopp WD: see Wang TW, Aug, p 31
Kronisch RL: How to fit a mountain bike, Mar, p 71, PA
Kronisch RL: Mountain biking injuries: fitting treatment to the causes, Mar, p 64, CL

Lairmore JR: Serious, often subtle, finger injuries: avoiding diagnosis and treatment pitfalls, Jun, p 57, CL
Lane SE: A silicone splint for auricular hematoma, Sep, p 77, CT
Laskowski ER: see Reeves RK, Feb, p 67
Laskowski ER: see Reeves RK, Mar, p 54
Leshaw SM: Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Loosli AR: Meatless diets in female athletes: a red flag, Nov, p 45, CL

Marquet J: see O'Kane J, Apr, p 69
Matheson GO: Is Mark McGwire a hero?, Nov, p 5, EN
Matheson GO: Sports medicine goes public, Oct, p 3, EN
Matheson GO: Treating athletes: medicine under pressure, Dec, p 5, EN
McDevitt ER: On-site treatment of PIP joint dislocations, Aug, p 85, CT
McKeag DB: see Trojian TH, Oct, p 29
McKeag DB: Medicine in motion, Apr, p 29, CM
Meisterling MR: see Meisterling RC, Mar, p 39
Meisterling RC: Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20
Mitchell TL: Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Mitchell TL: Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL
Moldenhauer J: see Ransom S, Apr, p 35

Nesbitt L: Pain-free feet: helpful hints for runners, Dec, p 73, EX
Nesbitt L: Timely tips for tennis types, May, p 107, EX
Norris RL: Managing arthropod bites and stings, Jul, p 47, CL
Nowicki KD: see Harding WG, Feb, p 117

O'Kane E: see O'Kane J, Apr, p 69
O'Kane J: Delayed complication of a rib fracture, Apr, p 69, CR

Parr RB: Exercise for overweight kids, Jun, p 109, EX
Petrizzi MG: see Petrizzi MJ, Jun, p 113
Petrizzi MJ: Making a tension night splint for plantar fasciitis, Jun, p 113, CT
Pipe A: Reviving ethics in sports: time for physicians to act, Jun, p 39, CM
Post WR: Patellofemoral pain: let the physical exam define treatment, Jan, p 68, CL; (correction) Mar, p 24
Potera C: Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Potera C: Fen-phen fallout: back to basics?, Jan, p 27, NB
Potera C: Heart rate response in smokers often poor, Feb, p 17, NB
Putukian M: Return to play: making the tough decisions, Sep, p 25, CM

Raasch WG: see Young CC, May, p 75
Ramsey ML: Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX
Ransom S: Premenstrual syndrome: systematic diagnosis and individualized therapy, Apr, p 35, CL
Reed WJ: Near-drowning: life-saving steps, Jul, p 31, EM
Reeves RK: Weight training injuries, part 1: diagnosing and managing acute conditions, Feb, p 67, CL
Reeves RK: Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Rhame GL: see Lane SE, Sep, p 77
Roberts WO: Certifying wrestlers' minimum weight: a new requirement, Oct, p 79, CT; (letter) Dec, p 16
Roberts WO: Hand-based thumb spica casting, Mar, p 95, CT
Roberts WO: Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Roberts WO: Keeping sports safe: physicians should take the lead, May, p 25, CM
Roberts WO: Knee aspiration and injection, Jan, p 93, CT; (letter) Sep, p 20; (correction) Feb, p 114
Roberts WO: Shielding a bruise: how to make a simple protective pad, Nov, p 77, CT
Roberts WO: Tub cooling for exertional heatstroke, May, p 111, CT
Roos RJ: see Petrizzi MJ, Jun, p 113
Rossi TA: see Ruane JJ, Apr, p 78
Roush MB: see Harmon KG, Dec, p 53
Rowan LJ: Hand ischemia in active patients: detecting and treating hypothenar hammer syndrome, Jan, p 57, CR
Ruane JJ: When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
Rubin A: Managing abrasions and lacerations, May, p 45, CL
Rubin A: Suture substitutes: using skin adhesives, Apr, p 115, CT
Rubin A: Team physician or athlete's doctor?, Jul, p 27, CM
Ruud JS: see Loosli AR, Nov, p 45

Sandor RP: Asymmetric presentation of psoriatic arthritis, Sep, p 54, CR
Schissel DJ: Achilles tendon nodule: inflammation, rupture, or tumor?, May, p 59, CR
Schnirring L: ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16, NB
Schnirring L: ACSM report stresses strength training for seniors, Dec, p 23, NB
Schnirring L: Androstenedione et al: nonprescription steroids, Nov, p 15, NB
Schnirring L: Baseline neurologic testing grows: pro teams lead the way, Jul, p 13, NB
Schnirring L: C-spine management guidelines proposed, Jul, p 15, NB
Schnirring L: Casey Martin's case: the medical story, Apr, p 15, NB
Schnirring L: Creatine supplements face scrutiny: will users pay later?, Jun, p 15, NB
Schnirring L: DHEA: hype, hope not matched by facts, May, p 17, NB
Schnirring L: Fitness clubs urged to do cardiac screening, Aug, p 17, NB
Schnirring L: In the Lyme light: new management aids, May, p 22, NB
Schnirring L: Klippel-Trénauney not a hindrance for some athletes, Apr, p 16, NB
Schnirring L: Leptospirosis cases linked to triathlons, Sep, p 17, NB
Schnirring L: NCAA strengthens weight-cutting rules, Jul, p 16, NB
Schnirring L: School drug testing of nonathletes survives test, Dec, p 25, NB
Schnirring L: Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Schnirring L: Team physicians manage a mean heat streak, Oct, p 18, NB
Schnirring L: Two reports clarify EIA treatment, Nov, p 18, NB
Schnirring L: What's the prescription for drug testing woes?, Oct, p 15, NB
Schnirring L: Winter Olympics medical alumni share treatment tips, Feb, p 109, F
Schwartz RC: see Asken MJ, Nov, p 37
Scott WA: see Eichner ER, Mar, p 41
Seraly MP: Diagnosing and treating onychomycosis, Aug, p 58, CL
Shangold MM: Beyond the exercise prescription: making exercise a way of life, Nov, p 35, CM; (correction) Dec, p 19
Shangold MM: Exercise and menopause: a time for positive changes, Dec, p 45, XM
Shangold MM: Exercise for midlife women, Dec, p 51, PA
Shapiro MS: see Yu WD, Feb, p 47
Sherman C: see Katz WA, Feb, p 33
Sherman C: see Katz WA, Feb, p 43
Sherman C: see Bove AA, Apr, p 45
Sherman C: see Bove AA, Apr, p 54
Sherman C: see Disabella V, Jun, p 75
Sherman C: see Disabella V, Jun, p 85
Sherman C: see Clark JR, Aug, p 49
Sherman C: see Clark JR, Aug, p 57
Sherman C: see Artal M, Oct, p 55
Sherman C: see Artal M, Oct, p 61
Sherman C: see Shangold MM, Dec, p 45
Sherman C: see Shangold MM, Dec, p 51
Simons SM: see Brugman SM, May, p 63
Smith AD: The fit woman of the 21st century: making lifelong exercise the norm, Aug, p 23, CM
Smith J: see Reeves RK, Feb, p 67
Smith J: see Reeves RK, Mar, p 54
Stackhouse T: On-site management of nasal injuries, Aug, p 69, EM

continued

Stamford B: A traveler's workout guide, Apr, p 113, EX
Stamford B: Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Stamford B: Fitting in fitness: exercise options for busy people, Aug, p 83, EX
Stamford B: Weight training basics, part 1: choosing the best options, Feb, p 115, EX
Stamford B: Weight training basics, part 2: a sample program, Mar, p 91, EX
Stanish W: see Coady CM, May, p 31
Strauss RH: Activating internal medicine, May, p 3, EN
Strauss RH: Exercise made easy, Aug, p 3, EN
Strauss RH: Gluing minor skin wounds, Apr, p 3, EN
Strauss RH: How to prevent death in weight-cutting wrestlers, Feb, p 7, ED
Strauss RH: Living longer and healthier, Jun, p 3, EN
Strauss RH: My final Editor's Notes, Sep, p 5, EN
Strauss RH: Toward better concussion management, Jul, p 3, EN
Strauss RH: Weight training: strength for everyone, Mar, p 5, EN
Strauss RH: Will your practice skills be fit for the 21st century?, Jan, p 35, CM; (correction) Mar, p 24
Stuart MJ: On-field examination and care: an emergency checklist, Nov, p 51, EM
Swain RA: Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL

Tasto JP: Shoulder stability testing using the lateral decubitus position, Dec, p 75, CT
Torres E: see Jiménez CE, Dec, p 59
Trojian TH: Ankle sprains: expedient assessment and management, Oct, p 29, CL

Vincent GM: Sudden death in a young athlete, Jul, p 59, EQ

Wall EJ: see Meisterling RC, Mar, p 39
Wall EJ: Osgood-Schlatter disease: practical treatment for a self-limiting condition, Mar, p 29, CL; (letter) Sep, p 20
Wang TW: Osteochrondritis dissecans of the knee, Aug, p 31, CL
Wappes JR: see Ramsey ML, Jul, p 75
Wappes JR: see Franklin BA, Oct, p 77
Watson DT: see Cantwell JD, May, p 98
White J: Alternative sports medicine, Jun, p 92, F
Whorowski DC: When tumors pose as sports injuries, Feb, p 98, CL
Wroble RL: see Lane SE, Sep, p 77

Young CC: After the fall: symptoms in bungee jumpers, May, p 75, CL
Yu WD: Fractures of the fifth metatarsal: careful identification for optimal treatment, Feb, p 47, CL

subject

Abrasion
Managing abrasions and lacerations, May, p 45, CL
Achilles tendon: see Ankle
Acne mechanica
Acing common skin problems in tennis players, Dec, p 37, CL
Acupuncture
Alternative sports medicine, Jun, p 92, F
Adhesive, skin
Gluing minor skin wounds, Apr, p 3, EN
Managing abrasions and lacerations, May, p 45, CL
Suture substitutes: using skin adhesives, Apr, p 115, CT
Adolescents
Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20
Exercise for overweight kids, Jun, p 109, EX
Osgood-Schlatter disease: practical treatment for a self-limiting condition, Mar, p 29, CL; (letter) Sep, p 20
Osteochrondritis dissecans of the knee, Aug, p 31, CL
School drug testing of nonathletes survives test, Dec, p 25, NB
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Aging: see Older patients
Alcohol
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Allergy
Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Flushing, paresthesias, and difficulty swallowing after a run, Jan, p 79, EQ
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Sense and food sensitivity: coping with allergies and food intolerance, May, p 105, NU
Alternative medicine
Alternative sports medicine, Jun, p 92, F
Amenorrhea: see Menstrual dysfunction
American College of Sports Medicine
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16, NB
ACSM report stresses strength training for seniors, Dec, p 23, NB
American Heart Association
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Anabolic steroids
Androstenedione et al: nonprescription steroids, Nov, p 15, NB
Anaphylaxis
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Managing arthropod bites and stings, Jul, p 47, CL
Androstenedione
Androstenedione et al: nonprescription steroids, Nov, p 15, NB
Is Mark McGwire a hero?, Nov, p 5, EN
Anemia
Exercise as disease detector, Mar, p 41, CL
Angina: see Coronary artery disease
Anhidrosis: see Sweat
Ankle
Achilles tendon nodule: inflammation, rupture, or tumor?, May, p 59, CR
Ankle sprains: expedient assessment and management, Oct, p 29, CL
Posterior ankle pain in a recreational athlete, Dec, p 59, IQ
Ant: see Insect
Aortic insufficiency
Acute dyspnea and a new murmur in a team physician, May, p 98, EQ
Arrhythmia: see also specific diagnosis
Sudden death in a young athlete, Jul, p 59, EQ
Arthritis
Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Arthropod: see Insect, Spider, Scorpion, Ticks
Aspiration
Knee aspiration and injection, Jan, p 93, CT; (letter) Sep, p 20, Feb, p 114
Asthma
Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Two reports clarify EIA treatment, Nov, p 18, NB
Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL
Your guide to exercising with asthma, Jun, p 85, PA
Auricular hematoma
A silicone splint for auricular hematoma, Sep, p 77, CT
Automatic external defibrillator: see Defibrillator
Avulsion: see anatomic site

Back pain
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Backpacks, baby: see Child carriers
Bee sting: see Bites and stings
Bicycling
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
How to fit a mountain bike, Mar, p 71, PA
Mountain biking injuries: fitting treatment to the causes, Mar, p 64, CL
Bike fitting
How to fit a mountain bike, Mar, p 71, PA
Bike seats, child: see Child carriers
Bike trailers: see Child carriers
Birth control pill: see Contraception
Bites and stings
Managing arthropod bites and stings, Jul, p 47, CL
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX
Black health: see Minority health
Blister
Acing common skin problems in tennis players, Dec, p 37, CL
Body composition assessment
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79, CT; (letter) Dec, p 16
Bodybuilding: see Strength training, Ergogenic drugs, Ergogenic nutrition
Bone density
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Bone scan
Posterior ankle pain in a recreational athlete, Dec, p 59, IQ
Bono, Sonny
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Boxing
Genetic susceptibility to brain injury in sports: a role for genetic testing in athletes?, Feb, p 25, CM
Brain injury: see Head, specific condition
Breathing
Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL
Bruise: see Contusion
Bungee jumping
After the fall: symptoms in bungee jumpers, May, p 75, CL

Caffeine
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Cardiac arrest: see Arrhythmia, Coronary artery disease, Sudden death
Cardiac screening: see Preparticipation exam
Cardiovascular: see Heart, Vascular conditions, specific diagnosis
Cartilage transplant
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Casts
Hand-based thumb spica casting, Mar, p 95, CT
Cervical spine: see Spine
Chest pain
Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Delayed complication of a rib fracture, Apr, p 69, CR

Chest wall
Delayed complication of a rib fracture, Apr, p 69, CR
Child carriers
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Children
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Exercise for overweight kids, Jun, p 109, EX
Chiropractic
Alternative sports medicine, Jun, p 92, F
Cholesterol
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL
How do eggs pan out?, Jul, p 69, NU
Chondroblastoma
When tumors pose as sports injuries, Feb, p 98, CL
Chronic fatigue
Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL
Chronic traumatic brain injury
Genetic susceptibility to brain injury in sports: a role for genetic testing in athletes?, Feb, p 25, CM
Clavicle
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Cold injury
Winter Olympics medical alumni share treatment tips, Feb, p 109, F
Colds
Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL
Compartment syndrome
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Concussion
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13, NB
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Toward better concussion management, Jul, p 3, EN
Congestive heart failure
A guide to exercise for congestive heart failure patients, Aug, p 57, PA
Congestive heart failure: training for a better life, Aug, p 49, XM
Contraception
Pulmonary embolism: sifting the risk factors, Dec, p 53, CR
Contusion
Shielding a bruise: how to make a simple protective pad, Nov, p 77, CT
Coronary artery disease
A new cardiac test for an older doctor, Jun, p 87, IQ
Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Exercise for heart patients: optimal options, Oct, p 77, EX
Corticosteroids
Knee aspiration and injection, Jan, p 93, CT; (letter) Sep, p 20, Feb, p 114
Creatine
Creatine supplements face scrutiny: will users pay later?, Jun, p 15, NB
Cyanoacrylate: see Adhesive, skin
Cyst, bone
When tumors pose as sports injuries, Feb, p 98, CL
Cyst, follicular
When tumors pose as sports injuries, Feb, p 98, CL

Defibrillator
Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Dehydroepiandrosterone
DHEA: hype, hope not matched by facts, May, p 17, NB
Depression
Exercise against depression, Oct, p 55, XM
Mobilize against depression, Oct, p 61, PA
Dermatitis
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX
DHEA: see Dehydroepiandrosterone
Diagnostic imaging
A new cardiac test for an older doctor, Jun, p 87, IQ
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Plane talk about shoulder radiographs, Feb, p 117, CT
Posterior ankle pain in a recreational athlete, Dec, p 59, IQ
Disability
Casey Martin's case: the medical story, Apr, p 15, NB
Dislocation
On-site treatment of PIP joint dislocations, Aug, p 85, CT
Drowning
Near-drowning: life-saving steps, Jul, p 31, EM
Drug policy: see also Legal issues
Creatine supplements face scrutiny: will users pay later?, Jun, p 15, NB
Is Mark McGwire a hero?, Nov, p 5, EN
Reviving ethics in sports: time for physicians to act, Jun, p 39, CM
Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL
What's the prescription for drug testing woes?, Oct, p 15, NB
Drug testing
School drug testing of nonathletes survives test, Dec, p 25, NB
What's the prescription for drug testing woes?, Oct, p 15, NB
Drugs: see also specific drugs, Ergogenic drugs
Active control of hypertension, Apr, p 45, XM
Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL
Diagnosing and treating onychomycosis, Aug, p 58, CL
Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Fen-phen fallout: back to basics?, Jan, p 27, NB
Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL

Ear
A silicone splint for auricular hematoma, Sep, p 77, CT
Eating disorders: see also Weight control
Meatless diets in female athletes: a red flag, Nov, p 45, CL
Eggs
Food safety for your active summer, Aug, p 81, NU
How do eggs pan out?, Jul, p 69, NU
Electrocardiogram
Acute dyspnea and a new murmur in a team physician, May, p 98, EQ
Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Flushing, paresthesias, and difficulty swallowing after a run, Jan, p 79, EQ
Sudden death in a young athlete, Jul, p 59, EQ
Electron beam computed tomography: see Diagnostic imaging
Embolism
Pulmonary embolism: sifting the risk factors, Dec, p 53, CR
Emergency response: see also anatomic site, specific diagnosis
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Near-drowning: life-saving steps, Jul, p 31, EM
On-field examination and care: an emergency checklist, Nov, p 51, EM
Employee fitness: see Workplace fitness
Epistaxis
On-site management of nasal injuries, Aug, p 69, EM
Ergogenic drugs
Androstenedione et al: nonprescription steroids, Nov, p 15, NB
DHEA: hype, hope not matched by facts, May, p 17, NB
What's the prescription for drug testing woes?, Oct, p 15, NB
Ergogenic nutrition
Creatine supplements face scrutiny: will users pay later?, Jun, p 15, NB
Eating before competing, Sep, p 73, NU
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Strategies for energetic aging, Nov, p 69, NU
Estrogen
Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Ethics
Is Mark McGwire a hero?, Nov, p 5, EN
Return to play: making the tough decisions, Sep, p 25, CM
Reviving ethics in sports: time for physicians to act, Jun, p 39, CM
Team physician or athlete's doctor?, Jul, p 27, CM
Evidence-based medicine
Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Exercise effects
A guide to exercise for congestive heart failure patients, Aug, p 57, PA
ACSM report stresses strength training for seniors, Dec, p 23, NB
Active control of hypertension, Apr, p 45, XM
Congestive heart failure: training for a better life, Aug, p 49, XM
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Exercise against depression, Oct, p 55, XM
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Exercise as disease detector, Mar, p 41, CL
Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Exercise for midlife women, Dec, p 51, PA
Exercise for overweight kids, Jun, p 109, EX
Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL
Mobilize against depression, Oct, p 61, PA
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Exercise equipment: see also Shoes
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
How to fit a mountain bike, Mar, p 71, PA
Weight training basics, part 1: choosing the best options, Feb, p 115, EX
Exercise motivation
A traveler's workout guide, Apr, p 113, EX
Beyond the exercise prescription: making exercise a way of life, Nov, p 35, CM; (correction) Dec, p 19
Exercise for overweight kids, Jun, p 109, EX

continued

Fitting in fitness: exercise options for busy people, Aug, p 83, EX
The fit woman of the 21st century: making lifelong exercise the norm, Aug, p 23, CM
Exercise prescription: see also Exercise Adviser department
A guide to exercise for congestive heart failure patients, Aug, p 57, PA
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16, NB
ACSM report stresses strength training for seniors, Dec, p 23, NB
Active control of hypertension, Apr, p 45, XM
Beyond the exercise prescription: making exercise a way of life, Nov, p 35, CM; (correction) Dec, p 19
Congestive heart failure: training for a better life, Aug, p 49, XM
Exercise against depression, Oct, p 55, XM
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Exercise for asthma patients: little risk, big rewards, Jun, p 75, XM
Exercise for heart patients: optimal options, Oct, p 77, EX
Exercise for midlife women, Dec, p 51, PA
Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Exercise made easy, Aug, p 3, EN
Low-pressure workouts for hypertension, Apr, p 54, PA
Mobilize against depression, Oct, p 61, PA
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Your guide to exercising with asthma, Jun, p 85, PA
Exercise-induced allergy: see Allergy
Exercise-induced asthma: see Asthma

Fat, body: see Weight control
Fats: see also Low-fat diet
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
How do eggs pan out?, Jul, p 69, NU
Fellowships
Sports medicine fellowships for primary care physicians, Mar, p 74, L
Fen-phen: see Fenfluramine
Fenfluramine
Fen-phen fallout: back to basics?, Jan, p 27, NB
Fiber
Fiber fundamentals: up-to-date answers to common questions, Mar, p 89, NU
Fibroma
Achilles tendon nodule: inflammation, rupture, or tumor?, May, p 59, CR
Fibromyalgia
Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL
Finger: see Hand
Flexibility: see Stretching
Food intolerance: see Food sensitivity
Food poisoning
Food safety for your active summer, Aug, p 81, NU
Food sensitivity
Sense and food sensitivity: coping with allergies and food intolerance, May, p 105, NU
Foot
A foot rash with a foul odor, Feb, p 104, IQ
Diagnosing and treating onychomycosis, Aug, p 58, CL
Foot problems in middle-aged patients: keeping active people up to speed, May, p 31, CL
Fractures of the fifth metatarsal: careful identification for optimal treatment, Feb, p 47, CL
Making a tension night splint for plantar fasciitis, Jun, p 113, CT
Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Managing injuries of the great toe, Sep, p 29, CL
Pain-free feet: helpful hints for runners, Dec, p 73, EX
Football
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Fracture: see also Stress fracture
Ankle sprains: expedient assessment and management, Oct, p 29, CL
Delayed complication of a rib fracture, Apr, p 69, CR
Fractures of the fifth metatarsal: careful identification for optimal treatment, Feb, p 47, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
Wrist injuries, part 2: spotting and treating troublemakers, Oct, p 62, CL
Fungal infection
Diagnosing and treating onychomycosis, Aug, p 58, CL

Gastrointestinal tract
Exercise as disease detector, Mar, p 41, CL
Genetics
Genetic susceptibility to brain injury in sports: a role for genetic testing in athletes?, Feb, p 25, CM
Genitalia
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
Golf
Casey Martin's case: the medical story, Apr, p 15, NB
Groin
The 'sports hernia': a common cause of groin pain, Jan, p 36, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL

Hallux rigidus: see Foot
Hallux valgus: see Foot
Hand
Hand ischemia in active patients: detecting and treating hypothenar hammer syndrome, Jan, p 57, CR
Hand-based thumb spica casting, Mar, p 95, CT
On-site treatment of PIP joint dislocations, Aug, p 85, CT
Serious, often subtle, finger injuries: avoiding diagnosis and treatment pitfalls, Jun, p 57, CL
Head
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13, NB
Genetic susceptibility to brain injury in sports: a role for genetic testing in athletes?, Feb, p 25, CM
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Headache
Exercise as disease detector, Mar, p 41, CL
Heading the ball
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Health club
Fitness clubs urged to do cardiac screening, Aug, p 17, NB
Weight training basics, part 1: choosing the best options, Feb, p 115, EX
Heart: see also specific diagnosis, Electrocardiogram, Sudden death
A guide to exercise for congestive heart failure patients, Aug, p 57, PA
A new cardiac test for an older doctor, Jun, p 87, IQ
Acute dyspnea and a new murmur in a team physician, May, p 98, EQ
Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Chest pain and a 'normal' exercise ECG in a 44-year-old runner, Sep, p 64, EQ
Congestive heart failure: training for a better life, Aug, p 49, XM
Controlling blood lipids, part 1: a practical role for diet and exercise, Oct, p 41, CL
Exercise for heart patients: optimal options, Oct, p 77, EX
Fitness clubs urged to do cardiac screening, Aug, p 17, NB
Flushing, paresthesias, and difficulty swallowing after a run, Jan, p 79, EQ
Heart rate response in smokers often poor, Feb, p 17, NB
How do eggs pan out?, Jul, p 69, NU
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Sudden death in a young athlete, Jul, p 59, EQ
Heat injury
Team physicians manage a mean heat streak, Oct, p 18, NB
Tub cooling for exertional heatstroke, May, p 111, CT
Heat rash
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Helmet
C-spine management guidelines proposed, Jul, p 15, NB
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Hematuria
Exercise as disease detector, Mar, p 41, CL
Hernia
The 'sports hernia': a common cause of groin pain, Jan, p 36, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
High-fat diet: see also Fats
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Hiking
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Hip
Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Hockey
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13, NB
Hormone replacement therapy
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Premenstrual syndrome: systematic diagnosis and individualized therapy, Apr, p 35, CL
Horner's syndrome
Exercise as disease detector, Mar, p 41, CL
Hymenoptera: see Insect
Hyperbaric oxygen chamber
Alternative sports medicine, Jun, p 92, F
Hypertension
Active control of hypertension, Apr, p 45, XM
Low-pressure workouts for hypertension, Apr, p 54, PA
Hypothenar hammer syndrome
Hand ischemia in active patients: detecting and treating hypothenar hammer syndrome, Jan, p 57, CR
Hypothyroidism
Exercise as disease detector, Mar, p 41, CL

Imaging Quiz
A foot rash with a foul odor, Feb, p 104, IQ

A new cardiac test for an older doctor, Jun, p 87, IQ
Posterior ankle pain in a recreational athlete, Dec, p 59, IQ
Immunity
Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL
Infection: see also Fungal infection, specific diagnosis
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Upper respiratory infections: treatment selection for active patients, Feb, p 85, CL
Inguinal canal
The 'sports hernia': a common cause of groin pain, Jan, p 36, CL
Injection
Knee aspiration and injection, Jan, p 93, CT; (letter) Sep, p 20, Feb, p 114
Injury prevention: see also Prevention
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Keeping sports safe: physicians should take the lead, May, p 25, CM
Injury statistics
After the fall: symptoms in bungee jumpers, May, p 75, CL
Insect
Managing arthropod bites and stings, Jul, p 47, CL
Instability: see anatomic site
Iron
Meatless diets in female athletes: a red flag, Nov, p 45, CL
Ischemia
Hand ischemia in active patients: detecting and treating hypothenar hammer syndrome, Jan, p 57, CR
Itching: see Pruritus

Jones fracture
Fractures of the fifth metatarsal: careful identification for optimal treatment, Feb, p 47, CL

Kennedy, Michael
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Klippel-Trénaunay syndrome
Casey Martin's case: the medical story, Apr, p 15, NB
Klippel-Trénauney not a hindrance for some athletes, Apr, p 16, NB
Knee
Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Knee aspiration and injection, Jan, p 93, CT; (letter) Sep, p 20, Feb, p 114
Osgood-Schlatter disease: practical treatment for a self-limiting condition, Mar, p 29, CL; (letter) Sep, p 20
Osteochrondritis dissecans of the knee, Aug, p 31, CL
Patellofemoral pain: let the physical exam define treatment, Jan, p 68, CL, Mar, p 24

Laceration
Managing abrasions and lacerations, May, p 45, CL
Lactose
Sense and food sensitivity: coping with allergies and food intolerance, May, p 105, NU
Lateral decubitus position
Shoulder stability testing using the lateral decubitus position, Dec, p 75, CT
Leg
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
Legal issues: see also Drug policy
Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Casey Martin's case: the medical story, Apr, p 15, NB
School drug testing of nonathletes survives test, Dec, p 25, NB
Leptospirosis: see Parasite
Life-threatening conditions: see also anatomic site, specific diagnosis
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Near-drowning: life-saving steps, Jul, p 31, EM
On-field examination and care: an emergency checklist, Nov, p 51, EM
Lipids: see Cholesterol
Long QT syndrome
Sudden death in a young athlete, Jul, p 59, EQ
Low-back pain: see Back pain
Low-fat diet: see also Fats
A nutritious new year: resolutions from A to Z, Jan, p 87, NU
Strategies for energetic aging, Nov, p 69, NU
Low-income patients: see Poverty
Lung
Delayed complication of a rib fracture, Apr, p 69, CR
Lyme disease
In the Lyme light: new management aids, May, p 22, NB

Magnet therapy
Alternative sports medicine, Jun, p 92, F
Malalignment
Foot problems in middle-aged patients: keeping active people up to speed, May, p 31, CL
Patellofemoral pain: let the physical exam define treatment, Jan, p 68, CL, Mar, p 24
Mallet finger: see Hand
Marathon: see Running
Martin, Casey
Casey Martin's case: the medical story, Apr, p 15, NB
Massage
Alternative sports medicine, Jun, p 92, F
McGwire, Mark
Androstenedione et al: nonprescription steroids, Nov, p 15, NB
Is Mark McGwire a hero?, Nov, p 5, EN
Meal timing
Eating before competing, Sep, p 73, NU
Medial tibial stress syndrome
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Medical practice
Activating internal medicine, May, p 3, EN
Alternative sports medicine, Jun, p 92, F
Keeping sports safe: physicians should take the lead, May, p 25, CM
Medicine in motion, Apr, p 29, CM
Reviving ethics in sports: time for physicians to act, Jun, p 39, CM
Shedding a stereotype: our low-income patients are listening, Mar, p 25, CM
Sports medicine goes public, Oct, p 3, EN
Treating athletes: medicine under pressure, Dec, p 5, EN
Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Will your practice skills be fit for the 21st century?, Jan, p 35, CM, Mar, p 24
Meniscus transplant
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Menopause
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Exercise for midlife women, Dec, p 51, PA
Menstrual dysfunction
Meatless diets in female athletes: a red flag, Nov, p 45, CL
Menstruation
Premenstrual syndrome: systematic diagnosis and individualized therapy, Apr, p 35, CL
Metabolism
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Metatarsal: see Foot
Minority health
Shedding a stereotype: our low-income patients are listening, Mar, p 25, CM
Montelukast
Two reports clarify EIA treatment, Nov, p 18, NB
Mountain biking: see Bicycling
Murmur: see Heart, specific diagnosis
Myositis ossificans
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL

Nail: see Foot, Hand
NCAA
NCAA strengthens weight-cutting rules, Jul, p 16, NB
Near-drowning: see Drowning
Neck
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Neuropathy
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Neuropsychological testing
Baseline neurologic testing grows: pro teams lead the way, Jul, p 13, NB
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
New Year's resolution
A nutritious new year: resolutions from A to Z, Jan, p 87, NU
Niacin
Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL
Nonsteroidal anti-inflammatory drug
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Nose
On-site management of nasal injuries, Aug, p 69, EM
Nosebleed: see Epistaxis
Nutrition: see specific nutrient, Ergogenic nutrition, Vegetarian nutrition, Nutrition Adviser department

Obesity: see also Weight control
Exercise for overweight kids, Jun, p 109, EX
Odor
A foot rash with a foul odor, Feb, p 104, IQ
Older patients
A guide to exercise for congestive heart failure patients, Aug, p 57, PA
A new cardiac test for an older doctor, Jun, p 87, IQ
ACSM report stresses strength training for seniors, Dec, p 23, NB
Congestive heart failure: training for a better life, Aug, p 49, XM
DHEA: hype, hope not matched by facts, May, p 17, NB
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Foot problems in middle-aged patients: keeping active people up to speed, May, p 31, CL
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Living longer and healthier, Jun, p 3, EN
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM (letter) Jul, p 10,

continued

Apr, p 17
Strategies for energetic aging, Nov, p 69, NU
Olympics
Winter Olympics medical alumni share treatment tips, Feb, p 109, F
Onychomycosis
Diagnosing and treating onychomycosis, Aug, p 58, CL
Oral contraceptive: see Contraception
Orthoses
Pain-free feet: helpful hints for runners, Dec, p 73, EX
Os trigonum: see Ankle
Osgood-Schlatter disease
Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20
Osgood-Schlatter disease: practical treatment for a self-limiting condition, Mar, p 29, CL; (letter) Sep, p 20
Osteitis pubis
The 'sports hernia': a common cause of groin pain, Jan, p 36, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
Osteoarthritis: see Arthritis
Osteochondritis dissecans
Osteochrondritis dissecans of the knee, Aug, p 31, CL
Osteoid osteoma
When tumors pose as sports injuries, Feb, p 98, CL
Osteoporosis
Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Osteotomy
Knee arthritis in active individuals: matching treatment to the diagnosis, Jun, p 43, CL
Outcomes-based medicine: see Evidence-based medicine
Overuse injury
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Mountain biking injuries: fitting treatment to the causes, Mar, p 64, CL
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Wrist injuries, part 2: spotting and treating troublemakers, Oct, p 62, CL

Pad, protective
Shielding a bruise: how to make a simple protective pad, Nov, p 77, CT
Pain: see also Rehabilitation, anatomic site
Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL
Parasite: see also Ticks
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Leptospirosis cases linked to triathlons, Sep, p 17, NB
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX
Parents
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Patellofemoral pain
Patellofemoral pain: let the physical exam define treatment, Jan, p 68, CL, Mar, p 24
Pelvis
Weight training injuries, part 1: diagnosing and managing acute conditions, Feb, p 67, CL
Phentermine
Fen-phen fallout: back to basics?, Jan, p 27, NB
Phytochemical
Jumping for soy, Apr, p 111, NU
Picnicking
Food safety for your active summer, Aug, p 81, NU
Pitted keratolysis
A foot rash with a foul odor, Feb, p 104, IQ
Plantar fasciitis
Making a tension night splint for plantar fasciitis, Jun, p 113, CT
Poison ivy: see Dermatitis
Poverty
Shedding a stereotype: our low-income patients are listening, Mar, p 25, CM
Practice guidelines
C-spine management guidelines proposed, Jul, p 15, NB
Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Premenstrual syndrome
Premenstrual syndrome: systematic diagnosis and individualized therapy, Apr, p 35, CL
Preparticipation exam
Fitness clubs urged to do cardiac screening, Aug, p 17, NB
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Prevention: see also Injury prevention
Automatic external defibrillators in the sports arena: the right place, the right time, Dec, p 33, CM
Protective gear
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Helmet removal in head and neck trauma, Jul, p 77, CT; (letter) Dec, p 16
Protein
Meatless diets in female athletes: a red flag, Nov, p 45, CL
Proximal interphalangeal joint: see Hand
Pruritus
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Psoriatic arthritis
Asymmetric presentation of psoriatic arthritis, Sep, p 54, CR
Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Psychological issues
Exercise against depression, Oct, p 55, XM
Mobilize against depression, Oct, p 61, PA
Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL
Pulmonary embolism
Pulmonary embolism: sifting the risk factors, Dec, p 53, CR

Radiology: see Diagnostic imaging
Reduction: see Dislocation
Rehabilitation
Exercise for heart patients: optimal options, Oct, p 77, EX
Patellofemoral pain: let the physical exam define treatment, Jan, p 68, CL, Mar, p 24
Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Relaxation techniques
Alternative sports medicine, Jun, p 92, F
Resistance exercise: see Strength training
Return to play
Return to play: making the tough decisions, Sep, p 25, CM
Team physician or athlete's doctor?, Jul, p 27, CM
Tyrannized by evidence? making 'outcomes' work for our patients, Oct, p 25, CM
Rib: see Chest wall
Running
Child carriers: tips for runners, bikers, and hikers, Nov, p 75, EX
Pain-free feet: helpful hints for runners, Dec, p 73, EX
Running to fight leukemia, Aug, p 19, NB

Safety: see Injury prevention, Prevention
Salmeterol
Two reports clarify EIA treatment, Nov, p 18, NB
Salmonellosis: see Food poisoning
Scapholunate dissociation: see Wrist
Scorpion
Managing arthropod bites and stings, Jul, p 47, CL
Seizure
Exercise as disease detector, Mar, p 41, CL
Sesamoid: see Foot
Shin splints: see Medial tibial stress syndrome
Shoes
Pain-free feet: helpful hints for runners, Dec, p 73, EX
Timely tips for tennis types, May, p 107, EX
Shoulder
Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Plane talk about shoulder radiographs, Feb, p 117, CT
Shoulder stability testing using the lateral decubitus position, Dec, p 75, CT
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Skier's thumb
Hand-based thumb spica casting, Mar, p 95, CT
Serious, often subtle, finger injuries: avoiding diagnosis and treatment pitfalls, Jun, p 57, CL
Skiing
Celebrity ski deaths inspire helmet debate, Mar, p 21, NB; (letter) Jul, p 11
Skin adhesive: see Adhesive, skin
Skin conditions
A foot rash with a foul odor, Feb, p 104, IQ
Acing common skin problems in tennis players, Dec, p 37, CL
Bilateral shoulder pain: psoriatic arthritis masquerading as overuse, Sep, p 50, CR
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Managing injuries of the great toe, Sep, p 29, CL
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX
Skinfold measurement: see Body composition assessment
Smoking: see Tobacco
Snack
Eating before competing, Sep, p 73, NU
Soccer
Heading the ball in soccer: what's the risk of brain injury?, Nov, p 37, CM
Soy
Jumping for soy, Apr, p 111, NU
Spica cast: see Casts
Spider
Managing arthropod bites and stings, Jul, p 47, CL
Spine
C-spine management guidelines proposed, Jul, p 15, NB
Splint
A silicone splint for auricular hematoma, Sep, p 77, CT
Making a tension night splint for plantar fasciitis, Jun, p 113, CT
Serious, often subtle, finger injuries: avoiding diagnosis and treatment pitfalls, Jun, p 57, CL
Sports medicine
Keeping sports safe: physicians should take the lead, May, p 25, CM
Medicine in motion, Apr, p 29, CM
Return to play: making the tough decisions, Sep, p 25, CM

Reviving ethics in sports: time for physicians to act, Jun, p 39, CM
Sports medicine goes public, Oct, p 3, EN
Team physician or athlete's doctor?, Jul, p 27, CM
Treating athletes: medicine under pressure, Dec, p 5, EN
Will your practice skills be fit for the 21st century?, Jan, p 35, CM, Mar, p 24

Sprain
Ankle sprains: expedient assessment and management, Oct, p 29, CL
Wrist injuries, part 2: spotting and treating troublemakers, Oct, p 62, CL

Statins
Controlling blood lipids, part 2: when and how to use medication, Nov, p 56, CL

Steroids: see Anabolic steroids, Corticosteroids

Sting: see Bites and stings

Strain
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL

Strength training
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16, NB
ACSM report stresses strength training for seniors, Dec, p 23, NB
Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20
Creatine supplements face scrutiny: will users pay later?, Jun, p 15, NB
Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Strength training for women: debunking myths that block opportunity, May, p 86, CM
Weight training basics, part 1: choosing the best options, Feb, p 115, EX
Weight training basics, part 2: a sample program, Mar, p 91, EX
Weight training injuries, part 1: diagnosing and managing acute conditions, Feb, p 67, CL
Weight training injuries, part 2: diagnosing and managing chronic conditions, Mar, p 54, CL
Weight training: strength for everyone, Mar, p 5, EN

Stress fracture
Chronic leg pain: putting the diagnostic pieces together, Jul, p 37, CL
Fractures of the fifth metatarsal: careful identification for optimal treatment, Feb, p 47, CL
Managing common stress fractures: let risk level guide treatment, Aug, p 39, CL
When groin pain is more than 'just a strain': navigating a broad differential, Apr, p 78, CL

Stress testing
Heart rate response in smokers often poor, Feb, p 17, NB

Stretching
ACSM makes exercise advice more flexible: fitness recommendations updated, Aug, p 16, NB
Coping with Osgood-Schlatter disease, Mar, p 39, PA; (letter) Sep, p 20

Stringer's fingers: see Tennis

Strollers, jogging: see Child carriers

Sudden death
How to prevent death in weight-cutting wrestlers, Feb, p 7, ED
Study critiques cardiac screening of athletes: time for a national standard?, Sep, p 15, NB
Sudden death in a young athlete, Jul, p 59, EQ

Sun damage
Acing common skin problems in tennis players, Dec, p 37, CL
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX

Supplements: see Ergogenic drugs, Ergogenic nutrition

Suturing
Managing abrasions and lacerations, May, p 45, CL
Suture substitutes: using skin adhesives, Apr, p 115, CT

Sweat
Exercise as disease detector, Mar, p 41, CL
Soothing your summer skin problems: from sun abuse to bug bites to plant plagues, Jul, p 75, EX

Swimmer's itch: see Parasite

Team physician
Return to play: making the tough decisions, Sep, p 25, CM
Team physician or athlete's doctor?, Jul, p 27, CM

Tennis
Acing common skin problems in tennis players, Dec, p 37, CL
Timely tips for tennis types, May, p 107, EX

Tension night splint: see Splint

Thrombosis
Pulmonary embolism: sifting the risk factors, Dec, p 53, CR

Thumb: see Hand

Ticks
In the Lyme light: new management aids, May, p 22, NB

Tobacco
Heart rate response in smokers often poor, Feb, p 17, NB

Toe: see Foot

Tofu: see Soy

Travel
A traveler's workout guide, Apr, p 113, EX
Eating before competing, Sep, p 73, NU

Triathlon
Leptospirosis cases linked to triathlons, Sep, p 17, NB

Triglycerides: see Cholesterol

Tub cooling: see Heat injury

Tumor
Achilles tendon nodule: inflammation, rupture, or tumor?, May, p 59, CR
When tumors pose as sports injuries, Feb, p 98, CL

Turf toe: see Foot

Ulnar collateral ligament: see Hand, Skier's thumb

Upper respiratory infection: see Colds, Infection

Urticaria
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11

Vascular conditions
Casey Martin's case: the medical story, Apr, p 15, NB
Hand ischemia in active patients: detecting and treating hypothenar hammer syndrome, Jan, p 57, CR
Klippel-Trénauney not a hindrance for some athletes, Apr, p 16, NB

Vegetarian nutrition
Meatless diets in female athletes: a red flag, Nov, p 45, CL

Venom
Managing arthropod bites and stings, Jul, p 47, CL

Violence
Reviving ethics in sports: time for physicians to act, Jun, p 39, CM

Viral infection: see Infection

Vitamins
Strategies for energetic aging, Nov, p 69, NU

Vocal cord dysfunction
Vocal cord dysfunction: don't mistake it for asthma, May, p 63, CL

Weight control: see also Eating disorders, Obesity, Weight cutting, Nutrition Adviser department
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79, CT; (letter) Dec, p 16
Exercise for overweight kids, Jun, p 109, EX
Fat burning during exercise: can ergogenics change the balance?, Sep, p 56, CL
Fen-phen fallout: back to basics?, Jan, p 27, NB
How to prevent death in weight-cutting wrestlers, Feb, p 7, ED

Weight cutting
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79, CT; (letter) Dec, p 16
How to prevent death in weight-cutting wrestlers, Feb, p 7, ED
NCAA strengthens weight-cutting rules, Jul, p 16, NB

Weight training: see Strength training

Weights
Weight training basics, part 1: choosing the best options, Feb, p 115, EX

Wilderness medicine
In the Lyme light: new management aids, May, p 22, NB

Winter sports: see specific sport, Cold injury

Women's health
Beyond the exercise prescription: making exercise a way of life, Nov, p 35, CM; (correction) Dec, p 19
Exercise and menopause: a time for positive changes, Dec, p 45, XM
Exercise for midlife women, Dec, p 51, PA
Exercise for osteoporosis, Feb, p 43, PA; (letter) Jul, p 10
Fibromyalgia: recognizing and treating an elusive syndrome, Apr, p 55, CL
Meatless diets in female athletes: a red flag, Nov, p 45, CL
Osteoporosis: the role of exercise in optimal management, Feb, p 33, XM; (letter) Jul, p 10, Apr, p 17
Premenstrual syndrome: systematic diagnosis and individualized therapy, Apr, p 35, CL
Strength training for women: debunking myths that block opportunity, May, p 86, CM
The fit woman of the 21st century: making lifelong exercise the norm, Aug, p 23, CM

Workout: see Exercise prescription

Workplace fitness
A traveler's workout guide, Apr, p 113, EX
Fitting in fitness: exercise options for busy people, Aug, p 83, EX

Wrestling
A silicone splint for auricular hematoma, Sep, p 77, CT
Certifying wrestlers' minimum weight: a new requirement, Oct, p 79, CT; (letter) Dec, p 16
How to prevent death in weight-cutting wrestlers, Feb, p 7, ED
Keeping sports safe: physicians should take the lead, May, p 25, CM
NCAA strengthens weight-cutting rules, Jul, p 16, NB

Wrist
Wrist injuries, part 1: pinpointing pathology in a complex joint, Sep, p 40, CL
Wrist injuries, part 2: spotting and treating troublemakers, Oct, p 62, CL

Xerosis
Itching in active patients: causes and cures, Jan, p 47, CL; (letter) Jul, p 11

Zinc
Meatless diets in female athletes: a red flag, Nov, p 45, CL **PSM**